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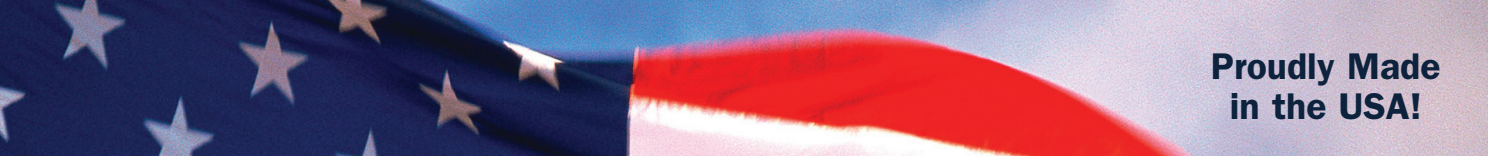

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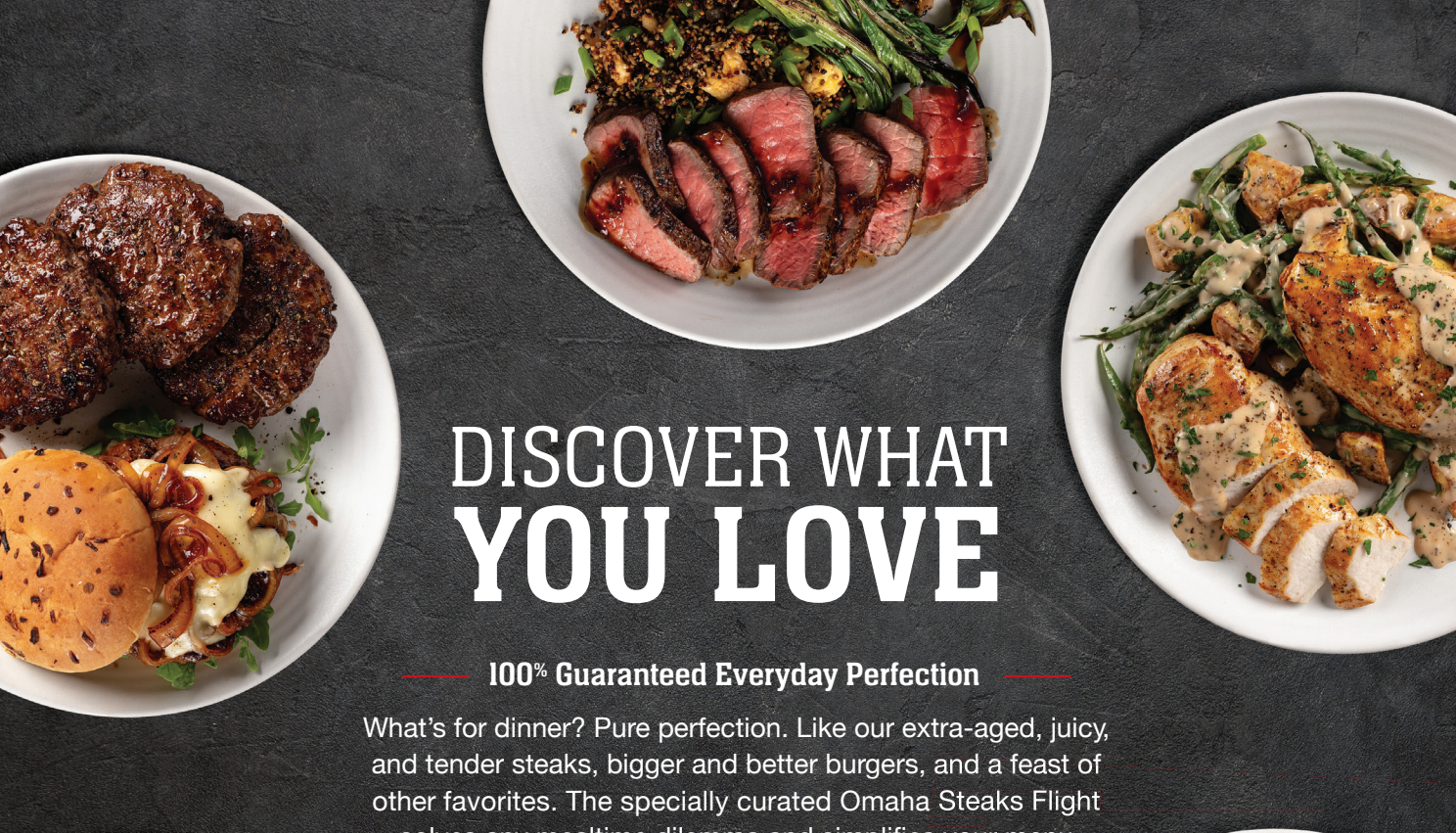

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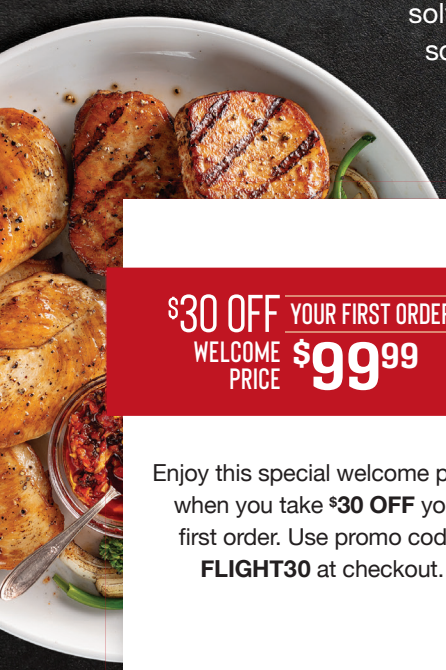

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By Jeff Stoffer

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.6 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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118th Congress must build on gains of '22

A recent Department of Defense survey found that only 49% of military spouses are satisfied with the lifestyle of the U.S. Armed Forces. It was the lowest approval rating in decades.

The 117th Congress left its strong legacy for veterans, and the 118th can make its own mark by improving quality of life for current military members and their families. Better pay, quality day care, effective transition-assistance programs and safe, affordable housing would all significantly boost morale and, importantly, improve the image of service among young people considering such a commitment.

That's just one expectation The American Legion has for the 118th Congress, which follows a session that delivered many breakthroughs – most notably the PACT Act, to finally deliver care, benefits and justice for veterans who were exposed to toxic contamination in the service.

In this session, lawmakers must prioritize a modernized VA health-care system for veterans of all generations, expand GI Bill eligibility to help more National Guard and reserve members, and provide those with "General Under Honorable Conditions" discharges GI Bill opportunity, too. And the "disabled veterans tax" now paid by DoD retirees needs to end, once and for all.

If a government shutdown occurs again, we cannot repeat the mistakes of 2019 and deny essential pay for members of the Coast Guard. Since that branch is not part of DoD, its funding receives lower priority even though its members continue to keep our shores safe and respond to disasters and emergencies, paycheck or not. Congress should reintroduce and pass the Unwavering Support for Our Coast Guard Act.

We should also honor and protect the flag that flies on every U.S. ship and military installation in the world. And, we all understand, the U.S. Flag Code is overdue for modernization to permit common patriotic customs and practices.

These legislative priorities, backed by national resolutions, reflect who we are as veterans and what we believe, as The American Legion.

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

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Power Up

I appreciated Alan Greenblatt's article (February). He reminded us of what a very complicated thing the supply-and-demand situation is for oil and natural gas pricing, with its spider's web of logistical and political interconnections throughout the world. We can't simply point our fingers at certain politicians and blame it all on them. Greenblatt did a fine job of laying it out as clearly and simply as possible.

Roger Hane, Farmington Hills, Mich.

In my mind, Alan Greenblatt makes an attempt to sugarcoat the irresponsible action of the current administration in taking our nation from a solid net exporter of energy to being dependent on other nations for our energy needs. Disregarding and disrespecting the marvelous efforts of the two previous administrations to establish energy independence, it took but a stroke of a pen to relegate us to an unfavorable trade position.

To cite the pandemic, Russia's invasion of Ukraine and supply chain problems as reasons for the sharp price increases in oil certainly underplays the significance of the drastic limitations placed on our domestic production capabilities.

Yes, we should strive to achieve reliance on clean power, but it should be accomplished through a controlled effort, not an instantaneous edict. But that is what often separates a business approach from a governmental one.

Frederick A. Camplin, Cary, N.C.

'It's OK to ask for help'

Department of California Area 3 Vice Commander Jeffrey Freeman draws a parallel between his personal mission and The American Legion's Be the One initiative.

"If I can save the life of one veteran with my story, I've accomplished my goal," says Freeman, an Air Force veteran and member of Post 190 in Ripon. "By telling my story, I can get veterans to realize the stigma of mental health treatment is not true. Asking for mental health treatment is not a weakness; it is a strength."

During a three-day veterans awareness campaign in Merced, Freeman for the first time spoke in public about surviving a suicide attempt. He previously shared his story in *The American Legion Magazine* and on the Tango Alpha Lima podcast. "The Legion saved my life," Freeman says.

Department of California Chaplain Dave Whalen joined him at the event, adding, "That's what we need – people talking about their experience and educating our comrades."

For Be the One to succeed, the campaign needs the support of every member of the Legion Family. "The American Legion says, 'Enough talk,'" Whalen told the audience. "It's time to put boots on the ground. Be the One has been created to save veterans' lives. How is the Legion going to achieve this? By making it OK for veterans to ask for help with mental health issues."

– Henry Howard

Photo by Henry Howard

What you can do

Posts, districts and departments are encouraged to download and share brochures, videos and other promotional resources at **betheone.org**.

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Fit for the Fight

After reading the letter from David M. Hill about Capt. Larry Taylor (FOB, February), I would like to share my quest to upgrade a Silver Star awarded to Fred McGee for his courageous actions near Tang-Wan-Ni, Korea, on June 16, 1952. For 40 years his daughter has tried in vain to have the military review his record.

I wrote to several people in the chain of command and Rep. Bill Johnson of Ohio, pointing out several facts in battle reports not noted or referenced in his citation.

I am happy to report that Secretary of Defense Lloyd Austin asked Congress to waive the five-year policy for review regarding the Medal of Honor. They did, and now the paperwork is at the White House for review.

McGee's heroics were told in *Heroic Comics* #81, March 1953. Unfortunately, he was portrayed as white. He was a member of American Legion Post 396 in Smithfield, Ohio, and is buried in the cemetery behind the post.

Barry Bardone, Bloomingdale, Ohio

Alcohol and its risks

I never really considered that any alcohol consumption would be part of a risk and assumed the only problem would be in excess (Living Well, February). Potential damage to the pancreas was new to me as well. I'm happy to learn new information to help protect my health. Thanks.

Dennis Kee, Long Beach, Calif.

Editor's note: American Legion Post 201, featured in "Model Prisoners" (March), is chartered inside the Idaho State Correctional Center. American Legion Post 202 operates inside the Idaho State Correctional Institution. The facility of Post 201 was incorrectly identified.

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THE PLAYLIST

American Legion videos you don't want to miss.

Commander's testimony
American Legion National Commander Vincent J. "Jim" Troiola testifies before lawmakers of the 118th Congress that now is the time to fulfill promises passed into law by the 117th.

Reflections from 1952
Dr. Howard Norton of Arkansas remembers his time as Boys Nation president, on the threshold of civil rights change.
Photo by Brad Vest

'A square deal for every child'
Learn the roots of The American Legion's Children & Youth program in Episode 7 of "To Strengthen a Nation," a video series produced during the organization's centennial celebration.

Visit **legion.org/magazine/videos** or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.

Legion the police dog

Photo by Peggy Ferguson

The Norwalk (Ohio) Police Department has a new K-9, thanks to a monthly grant from **American Legion Post 41**. The dog, named Legion with badge No. 41, is a German Shorthaired Pointer trained in narcotic detection. Post 41 has funded other Norwalk police dogs through contributions, including Joker, recently retired.

At a January meet-and-greet, post members had an opportunity to pet Legion, give him treats and see a demonstration of how he can detect narcotics.

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Whereas ...

VA standards for primary care or mental health appointments are meant to be completed within 20 days or a 30-minute driving time from the veteran's residence, and specialty care appointments within 28 days or a 60-minute drive time ...

In its 2022 Access to Care Standards report, VA identified that the number of days tracked for appointment scheduling started from the time the referral was received, and suggested the possibility of increasing drive time for highly rural veterans ...

Veterans receiving care in the community currently may not have the chance to schedule an appointment until weeks after the initial request, with some waiting months ...

Be it resolved ...

The American Legion calls on VA to maintain veteran-centric access standards that require veterans to be presented with the option of a community care referral if wait times for primary care exceed 20 days or a 30-minute drive, or in the case of specialty care a 28-day wait time or 60-minute drive ...

VA develop a secure mobile application that gives the veterans the ability to request, schedule and confirm medical appointments with health-care providers participating in the Veteran Community Care Program ...

Authorization for referrals be immediately sent as a secure message to the designated provider or the veteran so the veteran may schedule their own appointment if desired ...

VA effectively track wait times from the time an appointment is requested to its completion ...

VA streamline the community care referral process to ensure that veterans have access to care in the most efficient manner possible if the access standards are met.

Passed, American Legion National Executive Committee Fall Meetings, Oct. 12-13, 2022

Photo by Michelle Boone

"There is so much in any image of our great flag, none being more important than the other, and all should be full of pride and respect of America."

Submitted by Michelle (Schmidt) Boone of Damar, Kan., under "Rally Around the Flag" on The American Legion's **legiontown.org** platform. The photo she shot for Memorial Day in 2017 – a veteran preparing to raise the flag, with the help of his granddaughters – was widely shared on Facebook. She received hundreds of requests to use the image on greeting cards and placed first in the county fair's "Americana" category.

Rally Around the Flag submissions wanted

The American Legion's Americanism Commission and the Citizens Flag Alliance are united in an effort to collect, share and celebrate the meaning of our nation's flag. Across the nation, American Legion Family members display the U.S. flag, and many have personal stories about what the Stars and Stripes means to them. Submissions are easily posted and can be shared on social media by visiting **legion.org/legiontown** and browsing the "Rally Around the Flag" category.

Find additional Rally Around the Flag resources, including social media graphics, at **legion.org/flag/resources**.

$1,000 Amount purchased of Girl Scout cookies by American Legion Post 105 and Sons of The American Legion (SAL) Squadron 105 in Belleville, N.J., which sent them to deployed servicemembers and hospitalized veterans

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AMERICAN LEGION
TANGO ALPHA LIMA PODCAST

Tango Alpha Lima turns 3

The American Legion Tango Alpha Lima podcast celebrates its third anniversary on April 1. Here are three things you might not know about the podcast:

Top gun With 1,773 downloads, the most popular episode features Air Force pilot Kim Campbell, who was deployed to Afghanistan in 2002 and Iraq in 2003, and earned the Distinguished Flying Cross. The episode is part of a special 9/11 series.

Perfect attendance Co-host Jeff Daly has been on every episode.

Road warriors While the Tango Alpha Lima team records most of its shows remotely, it has appeared together six times: twice at the American Legion national convention, twice at the Student Veterans of America conference, a ruck march at the Boston Marathon and the New York City Veterans Day Parade.

A new episode is released every Tuesday by 9 a.m. Eastern. To download, listen to and/or watch these episodes, visit **legion.org/tangoalphalima**.

– Henry Howard

144
Yards of fabric, along with $500, donated by Women Veterans of SW Missouri American Legion Post 1214 in Springfield to the Ozark Piecemakers Quilt Guild's Quilts of Valor program
Photo by Lucas Carter

24 Approximate number of SVA chapters in 2008
1,600 Chapters today, in all 50 states, U.S. territories and three foreign countries
750,000 Approximate number of SVA members

National Vice Commander Patricia Harris speaks at the SVA National Conference in Orlando, Fla. Photo by Jeff Stoffer

Legion, SVA continue shoulder to shoulder

When Student Veterans of America (SVA) was born in 2008, American Legion National Headquarters in Washington, D.C., provided free office space for the fledgling group. There was an ideological symmetry between the two organizations, with SVA dreaming of the same opportunities the Legion's founders wanted when they came home from World War I.

In January, about 3,000 SVA members and their supporters gathered on the Disney campus in Orlando for the organization's 15th National Conference (NatCon) to celebrate progress made toward that founding vision, tackle issues faced by veterans of the nation's longest war and inspire each other as proud members of a population that represents less than 1% of America.

The American Legion's Tango Alpha Lima podcast crew set up shop in the exhibit hall and did live interviews, including one with SVA President/CEO Jared Lyon, who noted that NatCon was originally modeled to become something like a Legion national convention. Attendees collected materials and information on the Be the One initiative to reduce veteran suicide and remove stigma about seeking mental health help. And flanking the exhibitor space was the Legion's "Greatest Legislation" display on the history of the GI Bill.

"The American Legion is honored to count many SVA members among our ranks, and vice versa," American Legion National Vice Commander Patricia Harris told attendees at the closing ceremony. "Together, we stand shoulder to shoulder to advance the interests of student veterans."

– Jeff Stoffer

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HEALTH & FITNESS BY JENNIFER CAMPBELL

America's best hiking trails

Studies have long proven the health benefits of exercising outdoors. Whether you're a beginner or an experienced hiker, you can combine exercise with exploring America's beauty in its national parks.

Even better, veterans get free entrance to U.S. national parks. An annual Military Lifetime Pass provides free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges and forests. Apply for your pass online at **store.usgs.gov** for a $10 processing fee, or for free in person at federal recreation sites that issue passes. Then lace up your hiking shoes, research your destination and go explore.

Here are some of the nation's top hiking trails:

Acadia National Park, Maine This park boasts beautiful coastal views and diverse trails. Jordan Pond Path is a 3.1-mile loop that is not only relatively flat, but offers plenty of opportunities to spot wildlife.

Badlands National Park, South Dakota The Badlands have unique canyon and prairie landscapes. Notch Trail is a 1.5-mile out-and-back trail. Considered a moderately challenging hike, it takes an average of 34 minutes to complete.

Big Bend National Park, Texas Located along the Texas-Mexico border, these backpacking trails are packed with distinctive plants and wildlife. Check out the stunning views from Emory Peak and take a dip in the natural hot springs right next to the Rio Grande.

Everglades National Park, Florida Anhinga Trail offers great wildlife viewing of birds and alligators. The mostly paved trail follows a 1.5-mile loop with zero elevation gain, making it an easy walking excursion.

Glacier National Park, Montana This park has some of America's most epic alpine lake scenery. The Highline Trail in the Rocky Mountains climbs to Grinnell Glacier Overlook, where the jaw-dropping turquoise blue waters of ancient glaciers meet the mountains.

Zion National Park Envato

Great Smoky Mountains National Park, Tennessee Get a taste of the Appalachians with a hike from Newfound Gap to Charlies Bunion, which offers views of the entire park. There is even a short but steep hike to the top of Clingmans Dome, the Smokies' highest peak.

Maroon Bells, Colorado You can take a shuttle from the base of Aspen Highlands to the trailhead at Maroon Lake and then to the trailhead of this scenic loop, which is 2 miles long with a 160-foot elevation gain. Though the trail is relatively flat, you'll be surrounded by breathtaking mountain views.

Yosemite National Park, California For experienced hikers, the famous Half Dome day hike promises a wilderness adventure with a striking 4,800-foot elevation gain, usually taking 10 to 12 hours to complete.

Zion National Park, Utah Zion offers impressive red sandstone cliffs, arches and trails for all experience levels. Head to the Upper Emerald Pool Trail for a moderate hike that leads to sparkling waterfalls and dramatic views of Zion Canyon.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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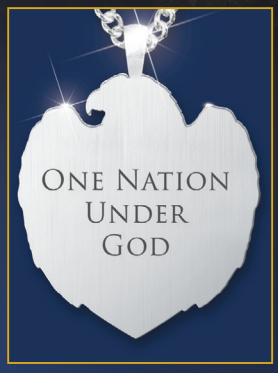

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Better aging through food

Our nutritional needs, as with many other parts of our lives, change as we get older. Below, courtesy of WedMD, are some foods to seek out – and foods to reconsider.

Fruits, vegetables, oatmeal, nuts and legumes help lower cholesterol, maintain stable blood sugar and maintain healthy weight. Men older than 51 should eat 30 grams of fiber daily; women older than 51 should consume 21 grams.

Whole wheat bread, quinoa, wheat berries and couscous are rich in fiber and B vitamins, which fight diseases of the brain, heart disease, cancer and diabetes.

Almonds, walnuts, cashews, pecans and pistachios help prevent heart disease, stroke, type 2 diabetes, nerve disease and some cancers.

Eight glasses of water per day cushion joints, regulate body temperature and contribute to better focus.

Salmon, albacore tuna, herring and farmed trout are high in omega-3 fatty acids that promote brain health and can lower cholesterol.

Eggs, lean meat and dairy fight muscle loss.

Calcium-rich dairy foods fight osteoporosis, colon cancer and high blood pressure.

Watermelon, tomatoes, and red and orange bell peppers are high in lycopene, which may lower the risk of cancer and protect against strokes.

THINK TWICE

Grapefruit can affect how several medicines work – including meds for high blood pressure, anxiety, insomnia and cholesterol. Check with your doctor, and make sure to keep getting vitamin C and potassium from other sources.

Raw vegetables can be a challenge for those with sensitive or missing teeth. Cooking vegetables can soften them.

Alcohol can affect us more adversely and dramatically as we age – especially sleep patterns and blood pressure.

Dairy can contribute to digestive issues.

Caffeine can make some people feel anxious or jittery. It can also increase heart rate and contribute to sleeping problems.

WebMD has a hub for those 50 and older at **webmd.com/healthy-aging**.

4.7 million
Veterans who live in rural communities across the United States

2.8 million
Rural veterans who rely on VA for their health care Source: Office of Rural Health

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PRIORITIES FOR THE 118TH CONGRESS

"Promises and pacts are only as good as their ability to truly solve problems, improve lives and chart better directions. That is exactly what veterans and their families expect now."

American Legion National Commander Vincent J. "Jim" Troiola, in written testimony to Congress issued March 1

450,000
Estimated backlog of VA disability claims by October 2023

20
Minimum number of conditions newly presumed as service-connected under the PACT Act

Major legislative victories were achieved for veterans, with advocacy leadership from The American Legion, in the second session of the 117th Congress. One bill in particular stood apart: the Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act, which made history by finally recognizing that millions of post-9/11 veterans exposed to burn pits and other contaminants deserve care and disability benefits.

American Legion National Commander Jim Troiola told Congress on March 1 that it's now up to the 118th Congress to ensure that the PACT Act's provisions are met with proper funding, staffing and oversight.

He added that the nation has other promises to fulfill, including commitments to:

- Veterans at risk of suicide
- Those who confront post-traumatic stress disorder, traumatic brain injury or the effects of military sexual trauma
- Military and veteran families in career transition
- Disabled military retirees who forfeit portions of their DoD pensions
- Afghan refugees who assisted U.S. forces in the global war on terrorism

The American Legion's full written testimony can be read, downloaded or printed at ***legion.org/legislative***.

PEER-SUPPORT PROMISE

Speaking on The American Legion's commitment to reduce veteran suicide, Troiola referenced the organization's Buddy Check program and Be the One initiatives as examples of effective peer-to-peer support. An omnibus bill passed and signed in late December calls on VA to conduct a National Buddy Check Week each year to connect veterans in need with resources available to them.

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Back to basics

Post commander leads effort to deter Seneca Nation teens from addiction – and to strengthen families through native traditions.

BY HENRY HOWARD

Shortly after retiring from the Army, Ron Cook Jr. discovered an urgent problem in his Seneca Nation community.

He was at a monthly tribal council meeting, which – per custom – opened with a reading of newborns' names. Then came a short list of community members who had recently passed away.

That meeting was different from most, however. No elders' names were read. Instead, the only names spoken were those of three teenagers, all of whom had died of overdoses in the past month.

"It really hit the community hard," Cook says of the more than 4,300 Seneca Nation members who reside on the Cattaraugus and Allegany territories. "It hurt my heart. It was my

Cecil VanEvery holds a handmade stick called a snow snake, used in a traditional Native American winter game. Photo by Brandon Watson

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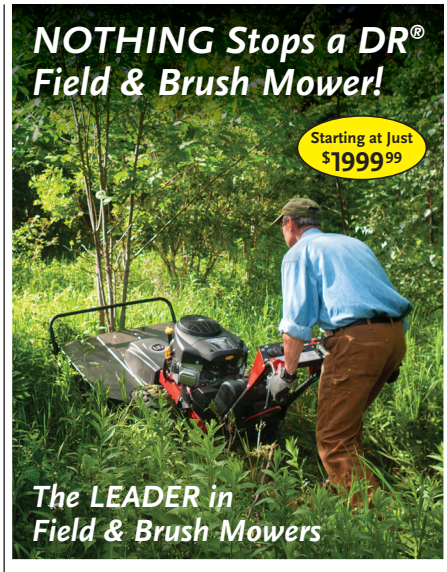

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Ron Cook Jr., commander of Iroquois Post 1587, developed a program to teach Seneca Nation youth their people's traditions, outdoor skills and more. Photo by Brandon Watson

first time back in 27 years. I was out busting my hump, trying to keep us safe serving in the armed forces. And we couldn't keep three teens safe at home. I was totally taken aback that they did not get a chance to enjoy our way of life here on the territory."

The tragedies underscored a gap in youth education in the Seneca Nation's sovereign territories located in southwestern New York, near the Pennsylvania border. From birth through age 12, summer recreation programs keep kids active and engaged. Once they turn 14, they're eligible for a work program.

"Our 13-year-olds have been left unchecked for way too long," Cook says. "They (develop) mischievous tendencies or bad habits. There's a lack of communication, supervision and mentorship."

As commander of Iroquois American Legion Post 1587 in Irving, Cook took action. "I knew the (Legion's) fourth pillar deals with children and youth. The primary focus is to strengthen the family unit. I developed this program that was traditionally oriented to go back to our old ways on teaching our young people how to be strong, resilient and able to handle adversities."

He approached tribal leaders with his plan. "This is preventable," he told them. "Let me see if I can come up with something to make our youth stronger."

Life Skills 101 The main program, now in its fourth year, happens during the summer. Teens are educated in their tribe's traditions, as well as outdoor skills like archery, hunting, spear fishing and more. They're also taught life skills, including interpersonal communication, nutrition and healthy interaction with the opposite sex. Early success

'From generation to generation'

Torrance Skye is a linchpin, ensuring that Seneca Nation traditions dating back centuries will continue beyond the TikTok generation.

Two years ago, Skye graduated from the Iroquois Sachem Junior Leadership Challenge. Now, at 15, he is among the teens who mentor other young people going through the program.

"The most important thing I learned was how to listen to the directions and pay attention to the detail," says Skye, who is from the Wolf Clan in the Allegany Indian Territory. "Now, I feel responsible for the kids I am mentoring and more helpful to the people who need it."

As a mentor, Skye leads by example. During a weekend program in January, he led a group on a snowshoeing trip, coached younger kids on basic outdoor skills and recited a traditional prayer to open a meeting.

When Skye went through the program himself, he especially loved archery. "It was something I had earlier learned, but I wasn't good at it. When I re-learned it, it was challenging but fun."

Outdoor skills are not just games, the youth are taught. They are a way of life and survival for Skye's people. "The significance of learning the traditions of my ancestors is important because I want to help pass them down from generation to generation," he says. "And I want to keep what our ancestors learned a part of our culture."

Torrance Skye
Photo by Brandon Watson

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Torrance Skye takes a turn at snow snake during a winter weekend session.

Photo by Brandon Watson

Watch a video about the Seneca Nation youth program: ***legion.org/magazine/videos***

led to parent interest in winter sessions that could keep their kids learning and busy. Weekend activities are scheduled once a month.

During a weekend session in January, participants learned trapping techniques, ice fishing safety, the game of snow snake and more.

"This is their tradition and their heritage," Cook says. "We needed to pull them out of their bedrooms and get them away from the videogames. The program goes back to the basics: mindfulness, values, and knowing their roles and responsibilities."

Students begin the six-week summer course with classroom work, then head outdoors to sharpen their skills.

Adam Clark, 15, is part of the Beaver Clan in the Allegany Territory. He graduated from the program two years ago and now mentors other youth.

"It was fun, but there were a lot of hardships," he says. "I got a lot more mature and responsible. I could do a lot more things that I could not do as an adolescent before I took the program. I'm thankful my mom enrolled me in it."

In addition to providing hands-on guidance, Clark also shows leadership by taking on additional responsibilities. He memorized and repeated a Ganö:nyök, a thanksgiving address

Snow snake

A traditional winter game among the Seneca and other Native American nations is snow snake, where men show off their hunting skills learned during the summer. "It deals with the throwing of the spear or shooting of the arrow," Post 1587 Commander Ron Cook Jr. explains. "It's a time when they can start heckling, get loud and build camaraderie. It's not like hunting season, when they have to use quiet voices."

Snow snake is a simple game, involving a handmade stick (the snow snake) and an icy course. Snow snakes resemble a cue stick and vary in length from about 1 foot to 6 feet long. One end is notched, giving the player's index finger a place to balance and guide the stick before throwing.

The course is a trough made of ice and snow, extending up to a mile. "There are no legal specifications," Cook says. "Some of them might be lower, some might be higher."

Picture a ski slope, a couple of feet high. Players take turns sending their snow snakes down the slope. They may throw them overhand, underhand or sidearm, though a quick flick of the wrist often works best.

On teams or individually, players try to achieve the farthest distance without going off the track. Sometimes a secret wax (swagum) is used to help the snow snake go faster and slide longer, much like wax used on skis.

"All the sticks are handmade out of hardwood," says Leonard Wheeler, an Air Force veteran and post member. "They spend years perfecting this. People take very good care of them because it takes a long time to make something like this."

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66	$35.90	$26.35	$70.80	$51.70	$105.70	$77.05	$175.50	$127.75
67	$37.05	$27.25	$73.10	$53.50	$109.15	$79.75	$181.25	$132.25
68	$38.70	$28.95	$76.40	$56.90	$114.10	$84.85	$189.50	$140.75
69	$39.75	$30.60	$78.50	$60.20	$117.25	$89.80	$194.75	$149.00
70	$43.85	$32.45	$86.70	$63.90	$129.55	$95.35	$215.25	$158.25
71	$45.60	$34.25	$90.20	$67.50	$134.80	$100.75	$224.00	$167.25
72	$47.70	$36.00	$94.40	$71.00	$141.10	$106.00	$234.50	$176.00
73	$50.90	$38.95	$100.80	$76.90	$150.70	$114.85	$250.50	$190.75
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Seneca Nation teens test their snowshoeing skills at the nation's Fish & Wildlife Conservation Campus in the southwestern part of New York state. Photo by Brandon Watson

spoken in his Native American language. The 20 elements serve as a daily reminder for tribe members to acknowledge the world around them.

As a mentor, Clark gives back by helping younger members. "I love it, especially with the outdoor programs like ice fishing, trapping and spearing," he says.

Graduates from the inaugural class include a young man who joined the Marine Corps. Another was inspired to pursue an environmental architecture degree at Syracuse University.

Survival training Cook and his team are experiencing successes, but challenges remain.

Fentanyl is plaguing the community. Last year, Seneca Nation member Bill Abrams lost his adult son to fentanyl, a highly potent synthetic opioid that users sometimes mix with heroin, cocaine, meth or other illegal drugs.

"That's another reason I do this," says Abrams, who is among the mentors. "Our main problem on the reservation is drugs. We're losing quite a few youth .... The more they are educated, the more they know, the more others will listen to them. It's important because they are our future leaders."

An expert hunter, fisherman and trapper, Abrams volunteers his time to pass on his knowledge. During one session, for example, he demonstrates techniques to safely and humanely trap animals, from raccoons to bears.

"I saw a need for youths to get off the couch and get outside, (to be) doing what I did when I was a youth," Abrams says. "It's the most healthy thing for them. It teaches them how to survive in the wild, if need be."

Abrams epitomizes the giving nature of his people. A few years ago, a storm knocked out power for a week. He donated a large freezer of meat to help feed the community. "We're noted for that," he says. "We need to take care of each other. And that's what I try to instill in the youth."

A ground transformation The summer program concludes with a week of challenges. Youths apply the skills they've learned to build their own shelters, stay in them overnight and do everything else by themselves.

"They are in total contact with the ground the whole week," Cook says. "That's when they change. When they get off the bus, that's when the parents visually notice their children are re-energized from Mother Earth. All living things are on the ground, and it transforms right to them while they were laying on the ground."

Seneca Nation is still grappling with its drug problem. But Cook believes his program is saving lives, instilling the right values in their youth and carrying on traditions.

"It's important for the youth to know and respect the traditions, and give thanks to the creator," he says. "We're all connected. With that connection, it's our role and responsibility to pass this stuff down."

Henry Howard is deputy director of media and communications for The American Legion.

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"I can't wait to put in more work and try to help more people."

Alex Palou, 2021 NTT INDYCAR Series champion, driver of The American Legion's Be the One car in 2023

THE AMERICAN LEGION'S FANTASTIC 4

DRIVERS GEAR UP TO FIGHT VETERAN SUICIDE

Millions of racing fans worldwide will once again see The American Legion's highest priority, veteran suicide prevention, in the 2023 NTT INDYCAR Series.

Leading the way for the Legion car will be 2021 series champion Alex Palou, entering his third season of support for the Legion's Be the One message. Another star of the Chip Ganassi Racing team, 2022 Indy 500 champion Marcus Ericsson, joins Marcus Armstrong and Kyffin Simpson in high-speed, televised competition through Sept. 10.

"We have the power to reach out to a lot of people. We have a big platform as racing drivers. We're on TV. We're on social media. We have a decent following. So, we have the ability to ... send the message."

Marcus Armstrong, newly signed rising star for Chip Ganassi Racing

"It means a lot, because I've learned through The American Legion about veterans and veteran suicide, and all of those challenges they face."

Marcus Ericsson, winner of the 2022 Indianapolis 500, and Chip Ganassi Racing teammate in the Legion's Be the One car

"It's a tough topic, and it's a tough situation. So it's great to be able to help in however small of a way, or big of a way, as possible."

Kyffin Simpson, who will represent The American Legion in the INDY NXT Series and looks forward to helping reduce veteran suicide through the Be the One initiative

2023 NTT INDYCAR SERIES SCHEDULE

APRIL
- **2** Texas Motor Speedway NBC, Peacock
- **16** Streets of Long Beach, NBC, Peacock
- **30** Barber Motorsports Park, NBC, Peacock

MAY
- **13** Indianapolis Motor Speedway (road course), NBC, Peacock
- **28** Indianapolis Motor Speedway (oval), NBC, Peacock

JUNE
- **4** Streets of Detroit, NBC, Peacock
- **18** Road America, USA Network, Peacock

JULY
- **2** Mid-Ohio Sports Car Course, USA Network, Peacock
- **16** Streets of Toronto, Peacock
- **22** Iowa Speedway, NBC, Peacock
- **23** Iowa Speedway, NBC, Peacock

AUGUST
- **6** Streets of Nashville, NBC, Peacock
- **12** Indianapolis Motor Speedway (road course), USA Network, Peacock
- **27** World Wide Technology Raceway, NBC, Peacock

SEPTEMBER
- **3** Portland International Raceway, NBC, Peacock
- **10** WeatherTech Raceway Laguna Seca, NBC, Peacock

As senior director of the Hiring Our Heroes program, Adam Rocke meets hundreds of transitioning servicemembers every year, guiding them on the next step of their journey.

Photo by Ian Wagreich / U.S. Chamber of Commerce

The Why of Adam Rocke

BY JEFF STOFFER

Retired colonel and Legionnaire builds networks, local and national, to help military-affiliated families in transition.

Awaiting his turn to give blood, Adam Rocke prowls the corners of American Legion Post 176 in Springfield, Va. As usual, the place is buzzing, even on a weekday afternoon. The main floor is filled with sleeveless donors of all ages, volunteers and Red Cross workers. Upstairs, a patient is behind the closed door of a Project ATLAS VA telehealth appointment. Some members are playing cards in the lounge. Others are watching sports on TV, listening to music or just visiting.

When Rocke comes around, it's all handshakes and hugs. He seems to know everyone in the nation's 17th-largest American Legion post. To some among the 1,600+ members here, he's the retired Army colonel who was the operations officer for one of the primordial Stryker brigades in Iraq during the troop surge – some post members were there then – or was a battalion commander in the volatile region of Muqdadiya. Vietnam and Korean War veterans know him for the respect he pays to their combat memories and the common ground they share. Others recognize Rocke as the guy who carves turkey for the post's annual Thanksgiving feast, whose wife makes deviled eggs, and whose daughter, a full-time teacher, is also a part-time server.

Between Post 176 and the bigger, broader network Rocke has built nationwide as senior director for the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program, there is little difference. He's at home anywhere, among anyone who has served in the armed forces or employers who want to help them. From private to Pentagon officer, his own career in uniform spanned 30 years. He did three

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Hiring Our Heroes registered jobseekers

2020	14,358
2021	20,583
2022	54,000+

Spouse network

2018	23,537
2019	35,091
2020	50,154
2021	58,592
2022	64,716

Rocke, right, did three tours in Iraq and served as a battalion commander.

Photo courtesy Adam Rocke

combat tours in Iraq before helping create the Army's Soldier for Life program. His experience at both ends of the military pay scale has positioned him well to guide others on their life journeys. To him, such guidance is both a passion and a matter of national security.

He recently spoke with *The American Legion Magazine*.

What led you to serve in the Army?

There is a long lineage of military service (in my family), starting from World War I with my great-uncle, to World War II with my father, who was a Marine Raider on Iwo Jima, then the Korean War with my uncle Dick. My grandfather was in the New York National Guard. My older brother, Mark, graduated from West Point. He was an Airborne Ranger, and I said, "I want to do this." I was graduating high school, but I was not ready to go to college just yet. So I volunteered to join as an enlisted soldier.

What kind of command roles did you assume after going through ROTC at the University of Miami?

I was an infantry officer. I served in Korea, 2nd Ranger Battalion, as a lieutenant, got promoted to captain, and deployed to Haiti to Operation Uphold Democracy back in 1994. And that grounded me. It made me a true tactical leader in the infantry. I learned so much. From there, I went to the 82nd Airborne Division and commanded a company. Then I came back to the 2nd Ranger Battalion out of Fort Lewis, Wash., and ended up being a company commander and then a major there, as liaison officer to the special-ops community. I then went to the Army's 1st Stryker Brigade Combat Team and stayed in the same brigade for another eight years as a battalion S3/XO, Brigade S3, then battalion commander, with three tours in Iraq.

How did that put you on the ground floor of Soldier for Life?

I didn't necessarily determine my "why" in life until I got to work for Gen. (Raymond) Odierno (then Army chief of staff) and the Soldier for Life program. I think my "why" is a calling to help young men and women not only find employment, but meaningful employment. They need mentors. They deserve to be successful.

How did Soldier for Life lead you to the next step?

I thought I could do more outside the military, with the connections and network I built wearing the uniform, promoting employment opportunities for transitioning servicemembers, veterans and military spouses … I made a huge network of folks, to include The American

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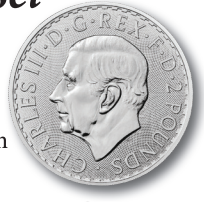
2023 China Silver Panda: 2023 is the 40th anniversary of the first silver Panda coin, issued in 1983. China Pandas are noted for their heart-warming one-year-only designs. Struck in 99.9% fine silver at the China Mint.



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Legion, and I wanted to use it for our military community to thrive.

Why is transition assistance so vital today?

Transition is powerful because we want the young men and women who served and determined that they are going to get out … we want them to be successful. I also think it's about our national security and retaining the all-volunteer force. So if they transition successfully back into communities and have meaningful careers, they are more likely to be a proponent of the value of their service and recommend that to the younger generation.

How did Hiring Our Heroes evolve?

The U.S. Chamber started out trying to make connections at the grassroots level. It was mostly about transitioning servicemembers. Over the years, we have grown in many areas – it's veterans, military spouses, caregivers … the entire military community. And we grew from in-person summits on installations – hiring fairs at the time – to where we've now changed the name to Transition Career Summits because it's more than a hiring fair. There's an educational component. We need to educate the young men and women who are preparing to get out, so they are better prepared and ready for the workforce. We educate them through lots of different means and culminate with the hiring fair. As a result, the impact for employers is far greater.

You started as senior director of events and programs for Hiring Our Heroes at the beginning of the COVID-19 pandemic. What kind of curveball was that?

We all went to a screeching halt, basically. We were all operating from our homes, and the world was wearing masks. We had to get really creative. We collaborated daily on how to continue to make ourselves relevant … now from a virtual environment. Companies still had to hire. And servicemembers still had to transition, COVID or not.

We quickly pivoted to a couple of things. The first was virtual webinars that helped continue to educate the transitioning servicemembers, veterans or military spouse population on a host of things, from an industry panel to keynote speakers on leadership to a series of resources on wellness. But how do we continue to do the hiring fairs? How do we do the career summits? We decided to do that virtually, too. We eased ourselves into that, and now we are doing one (virtually) every week or two.

What did you learn about virtual events?

They are not going away. What came of a crisis turned into an opportunity to grow our programs in different ways. And frankly, the young men and women thrive on technology today, with the use of their computers and phones. We are now doing educational webinars for servicemembers and their spouses overseas

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in remote positions or isolation who couldn't get to a hiring fair and couldn't get companies to fly over there, but now they are learning about preparing for transition and then bringing that to a hiring fair on a platform we are partnered with, and you have a recipe for success.

Where do military spouses now fit into the Hiring Our Heroes formula?

I think with spouse unemployment – which is a staggering 24% – there's still a long way to go. But we have 10-plus different programs at Hiring Our Heroes specifically that cater to military spouses, whether it's a fellowship program, a credentialing/certification/licensing program, whether it's just finding them direct employment or whether it's educating them with an amplified program … we also have a robust network with 60-plus chapters around the United States and a couple overseas, that are just for military spouses.

What is happening to augur against high military spouse unemployment?

We just did a survey of our military spouses, and 70% of the jobs they got in 2022 were remote jobs – remote full-time jobs. The spouse is no longer geographically tied. Now this is an exportable job. If you do three years and you PCS to another location, you can take that job with you. There's no gap in that employment now. They are continuing a pathway to meaningful careers.

How do you educate major employers about the military-connected job candidate?

The needs of the employer are critical to us. We are in a position to inform them, educate them and help prepare them for that transition. We've got to be able to have an open dialogue with our employers, which we do – those that want to improve and want to hire veterans. We also offer the opportunity to learn from us how to recruit veterans. That could be at the tactical level, the strategic level, developing a campaign plan or a whole host of things. We have built some resources on our website … we built a transition roadmap for young servicemembers, and we also built a roadmap for employers.

What questions do major employers ask about veteran candidates?

First of all, there are stigmas out there. There are people who think every servicemember has PTSD. It couldn't be further from the truth. The other thing is that veterans are very humble. They don't like to talk about themselves. They talk about the team. We've got to educate them to talk about themselves a little more.

How difficult or different is the transition process for officers?

It's a shock to some people, but just because I led a brigade, a combat team of nearly 10,000 people, men and women, large budget and so on, doesn't mean I am fully capable of being the CEO of a company. Let's look at a reversal. Would you want a CEO to come in and lead your brigade? No, he or she is not trained yet on that. Could they get there at some point? Yeah, but it will take a while. You have to educate yourself.

You also have to be patient. And you've got to realize you might not come in at the level you think. You've got to outwork people. You've got to outthink people. You've got to prove you can learn quickly. It doesn't matter if you're a colonel or a private. You have values, you will work hard, you will prove yourself, and you will be successful.

How has Hiring Our Heroes grown?

It went from about seven employees in 2011 to about 100 employees today, with thousands of employer partners. In 2023 we have 48 in-person events, 30-plus virtual hiring events and a host of other small boutique-type events for military spouses. We have improved educational programs for both our military spouses and our servicemembers. And we will have more job fairs with The American Legion, which is a valued partner of Hiring Our Heroes.

Jeff Stoffer is editor of The American Legion Magazine.

For a complete listing of U.S. Chamber of Commerce Foundation career events, including those at national American Legion gatherings, and to learn more about Hiring Our Heroes programs and services, visit **hiringourheroes.org**.

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LORE OF THE LEGION

STORY: JEFF STOFFER
ART: AUSTIN POWELL
EDITOR: AUGUST UHL

SINCE ITS 1935 INCEPTION IN SPRINGFIELD, ILL., AMERICAN LEGION BOYS STATE HAS CULTIVATED AND INSPIRED THOUSANDS OF YOUNG MEN IN THEIR LIFE JOURNEYS.

AMONG THE PROGRAM'S ALUMNI ARE MEMBERS OF CONGRESS, BUSINESS LEADERS, JUDGES, PRO ATHLETES, COACHES AND ENTERTAINERS.

AND SEVEN OF THEM HAVE GONE EVEN FARTHER-- MUCH FARTHER.

NEIL ARMSTRONG, FIRST MAN ON THE MOON, IS ALSO THE FIRST AMONG FIVE OHIO BUCKEYE AMERICAN LEGION BOYS STATERS TO BECOME ASTRONAUTS. HIS YEAR IN THE YOUTH GOVERNMENT AND LEADERSHIP PROGRAM IS 1946.

FOLLOWING HIM FROM OHIO ARE:

TERENCE "TOM" HENRICKS, BOYS STATE 1969, WHO LATER PILOTS TWO SPACE SHUTTLE FLIGHTS AND COMMANDS TWO OTHER MISSIONS.

CARL WALZ, BOYS STATE 1972...

WHO MAKES FOUR SPACE FLIGHTS BETWEEN 1993 AND 2001.

MICHAEL GERNHARDT, 1973, WHO FULFILLS FOUR NASA MISSIONS IN SPACE.

AND GREGORY JOHNSON, 1979, WHO GOES ON TO PILOT TWO SPACE SHUTTLE FLIGHTS.

ALSO AMONG THE AMERICAN LEGION BOYS STATE ALUMNI WHO GO ON TO HAVE CAREERS AS ASTRONAUTS ARE...

SOUTH DAKOTA'S CHARLES GEMAR...

AND OKLAHOMA'S TOM STAFFORD.

THIS *LORE OF THE LEGION* ILLUSTRATED BY:

U.S. ARMY SSG AUSTIN H. POWELL,
DOD SKILLBRIDGE PARTICIPANT.

#56

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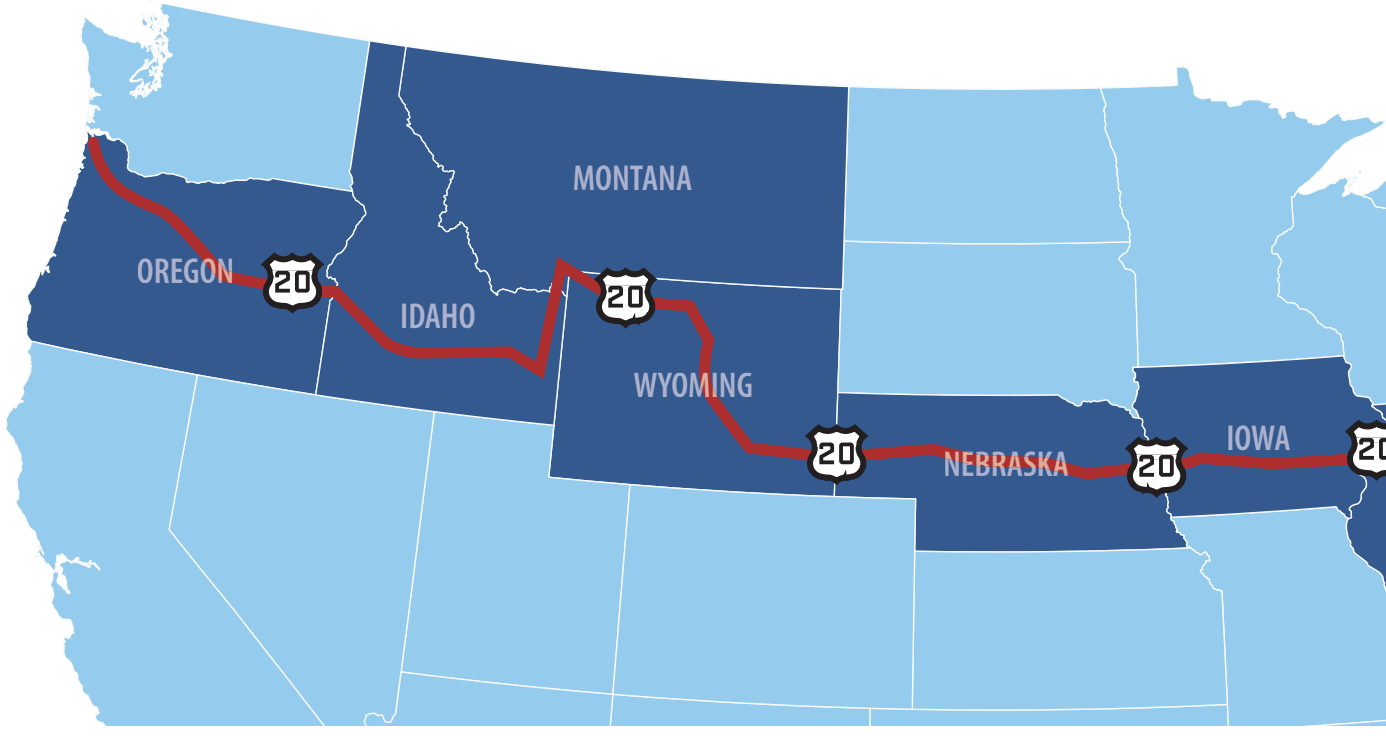


The Medal of Honor Highway

BY KEN OLSEN

U.S. Highway 20 now honors nation's heroes coast to coast.

U.S Highway 20 now pays tribute to current and future Medal of Honor recipients coast to coast.

Massachusetts became the 12th and final state to name its portion of Highway 20 for the nation's highest award for valor in late November. It's the culmination of a five-year campaign launched by Oregon Legionnaires Dick Tobiason and the late Bob Maxwell to persuade each state along the 3,365-mile route to join the effort. Maxwell received the Medal of Honor for his heroism in France during World War II.

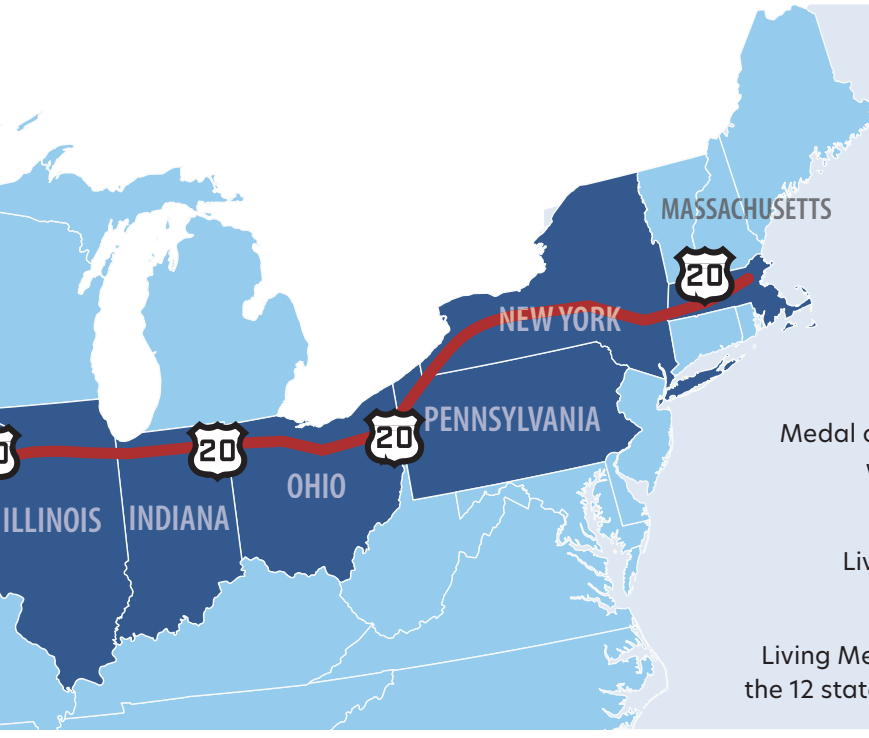
"The Medal of Honor Highway is the first highway for veterans in the United States that goes coast to coast on the longest highway in the country," says Tobiason, a Vietnam veteran who drafted legislation and recruited sponsors in each of the 12 states.

"It hasn't been easy," he says of the project. "But I won't take no for an answer when it comes to honoring veterans – especially Medal of Honor recipients."

Other American Legion members helped initiate legislation in their states or assisted with the dedication, including Daryl Harrison and Ken Hanel in Nebraska, Past National Commander Marty Conatser in Illinois and 2022-2023 Department of Ohio Commander Charles Stennis.

The states Highway 20 traverses honor about 62% of the 3,515 recipients from all 50 states, says Tobiason, founder and chairman of the Bend Heroes Foundation. At the foundation's request, the Legion passed a national resolution urging Congress to designate Highway 20 as the National Medal of Honor Highway – honoring all of the nation's recipients, he adds. Sen. Ron Wyden, D-Ore., and Rep. Mike Kelly, R-Pa., have agreed to sponsor legislation. If successful, the newly designated highway would parallel Highway 30, which was named the Lincoln Highway in 1928 and honors the president who signed the legislation creating the Medal of Honor in 1862.

Three members of "Team Long Road" completed a 6½-month walk along Highway 20 from Boston to Newport, Ore., on Nov. 18, just a day after Massachusetts Gov. Charlie Baker signed the legislation in his state. Team Long Road made the trek to raise awareness of the 81,600 U.S. servicemembers who are missing in action and to raise funds for their recovery.



3,365
Total U.S. Highway 20 miles

3,515
Medal of Honor awards since the Civil War, with every state represented

64
Living Medal of Honor recipients

26
Living Medal of Honor recipients connected to the 12 states through which U.S. Highway 20 runs

Maxwell inspired Tobiason to embark on the Medal of Honor Highway project after the pair met in Bend nearly two decades ago. They persuaded the Oregon Legislature to designate the nation's first stretch of Highway 20 as a Medal of Honor Highway in 2017, with plans to take the effort to the 11 other states Highway 20 traverses.

Idaho passed similar legislation in March 2019, a few months before Maxwell died. "I remember Bob being all smiles when I told him, 'I promise you we will get this Medal of Honor highway across the United States," Tobiason says.

Tobiason has also worked to designate eight other Oregon highways in honor of veterans, including the August 2021 dedication of Highway 35 as the Oregon Nisei World War II Veterans Memorial Highway. His ninth and final effort is getting U.S. Highway 30 in his home state designated as the Oregon Gold Star Families Memorial Highway. That measure is being considered by the 2023 Oregon legislature, and Tobiason hopes the Gold Star Families highway will ultimately extend across the country.

Ken Olsen is a frequent contributor to The American Legion Magazine.

"It hasn't been easy. But I won't take no for an answer when it comes to honoring veterans – especially Medal of Honor recipients."

Dick Tobiason, founder of the Bend Heroes Foundation and member of Stevens-Chute American Legion Post 4 in Bend, Ore., on his successful campaign for a coast-to-coast highway honoring Medal of Honor recipients

State	U.S. Highway 20 miles	MOH recipients	Living recipients
Oregon	451	30	0
Idaho	411	48	1
Montana	12	94	0
Wyoming	525	18	0
Nebraska	432	73	2
Iowa	302	54	1
Illinois	234	204	2
Indiana	156	75	0
Ohio	260	331	5
Pennsylvania	45	382	1
New York	372	701	10
Massachusetts	153	372	4

FAQ: The Camp Lejeune Justice Act, Part 2

The American Legion and Bergmann & Moore, LLC, have entered a memorandum of understanding to help veterans understand the Camp Lejeune Justice Act (CLJA) and how to seek relief under the PACT Act. The first part of this series appeared in the March issue.

If I file a CLJA claim, will this impact my VA benefits or health care? VA has confirmed that your compensation benefits or health-care services will not be impacted if you file a CLJA claim. If you receive a one-time award in the CLJA lawsuit, your benefits will not be reduced and your eligibility for other VA benefits or services will not be affected.

Will VA reduce my benefits if I file for disability after I receive an award from my CLJA lawsuit? VA has confirmed that any award under the CLJA will not influence VA's decision to provide benefits or health care based upon your exposure, or the amount of compensation you receive from VA.

Do I need to have any of the presumed Camp Lejeune illnesses to file a CLJA claim? VA and DoD have recognized a limited number of presumptive conditions as being linked to the toxic water at Camp Lejeune, but there are multiple other conditions and diseases that can still be linked to the toxins released into the groundwater. If you suffer from a condition you think may be related to your exposure at Camp Lejeune, you should file a CLJA claim. Your attorney will examine the evidence and advise (after consulting with a medical expert) whether your condition may be related to toxic groundwater exposure.

Is there a deadline for filing a CLJA claim? The CLJA provision under the PACT Act expires two years after the date of enactment. This means you need to file an administrative action with the Department of the Navy on or before Aug. 9, 2024.

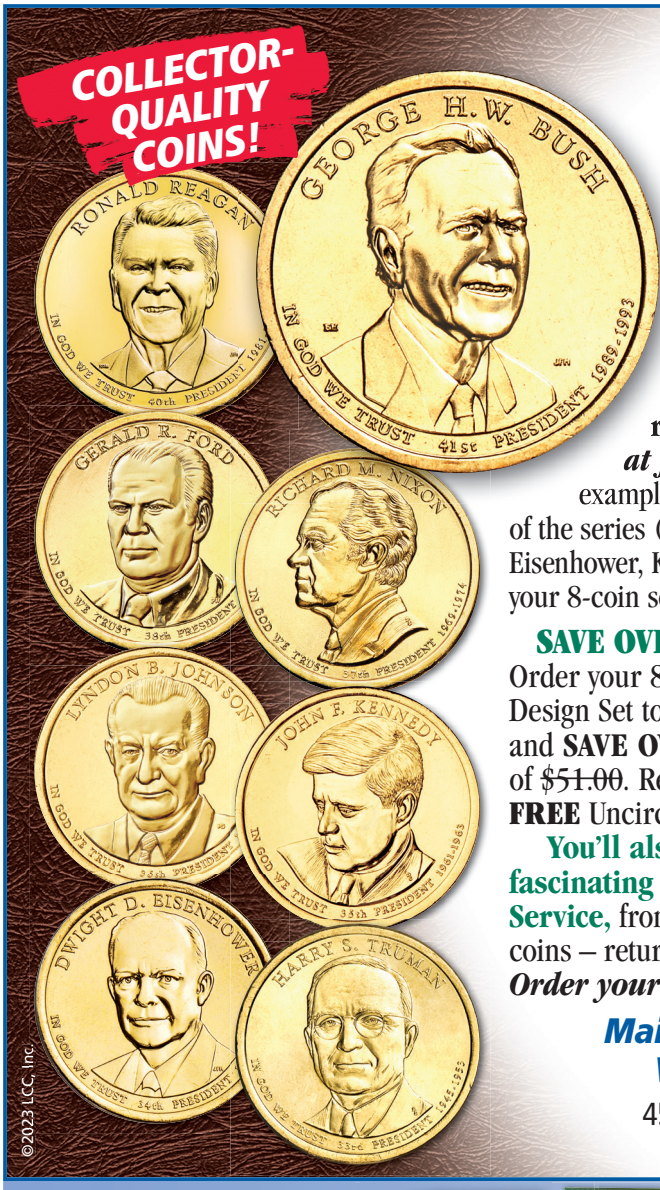
I have already signed a fee agreement with another law firm to represent me in my CLJA claim. Can I change firms? Just because you have already signed with another law firm does not mean you are required to remain with it, especially if you feel the attorney fees and costs are too expensive. To change firms, you will need to communicate with the firm in writing (mail, email or text). Your letter/note simply needs to say, "I would like to discharge you as my attorney in my CLJA claim. Please return any information I sent you." You do not need to wait for the firm's reply. Provide the new firm with a copy of the letter/note you sent the initial firm.

The law firm I signed up with sent me a check related to my CLJA claim that I already cashed. May I still switch law firms, and how will this affect my claim? In all jurisdictions an "advance" in contemplation of litigation is generally illegal. The American Bar Association's Model Rules of Professional Conduct prohibits this practice. Specifically, Rule 1.8(e) states that a lawyer shall not provide financial assistance to a client in connection with pending or contemplated litigation, except that: (1) a lawyer may advance court costs and expenses of litigation, the repayment of which may be contingent on the outcome; and (2) a lawyer representing an indigent client may pay court costs and expenses of litigation on behalf of the client.

Attorney fees and expenses – what should I be aware of? If a law firm is not willing to explain or share information about its fees and expenses/costs, you should not sign with it. A reputable law firm will openly confirm the percentage of attorney fees and what other "costs" will be charged, as these are distinct amounts that will come out of any CLJA award. Look for a firm that "caps" fees and costs.

If you are interested in filing a CLJA claim, call **(800) 898-9450**, or fill out the form at **www.camplejeunelitigationteam.com/al**.

If you have questions before filing a claim, contact Elizabeth Hartman, Bergmann & Moore's CLJA liaison with The American Legion, at **(252) 497-7255**.



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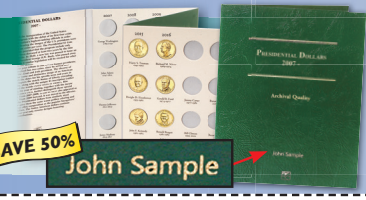

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Beneficiary designations as charitable gifts

Your family or estate might also benefit by avoiding income, estate taxes.

Joanne is a longtime supporter of The American Legion. Recently, her children encouraged her to update her estate plan, but Joanne had already been thinking about meeting with her attorney to discuss how she could make a significant gift to support the Legion's work.

Envato

"(My late husband) Hal and I were passionate about The American Legion's mission," Joanne says. "We even volunteered regularly. After Hal passed away, I wanted to make a gift that would honor his memory."

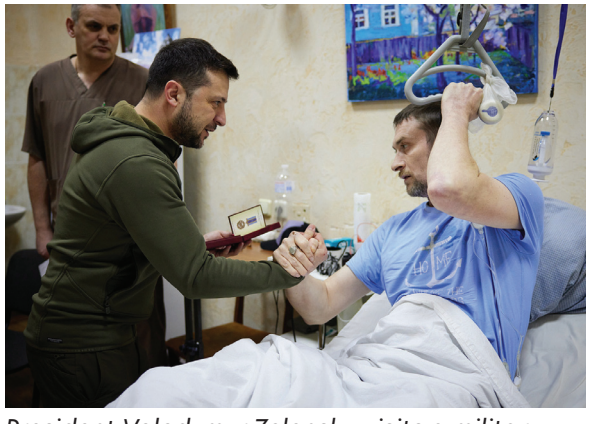
When she met with her attorney, Joanne explained her goals and described her assets. She'd inherited Hal's IRA, which when combined with her own would provide her with the necessary retirement security she needed and then some.

"I'd originally thought about leaving my IRA to our kids and other assets to charity," she says. "My attorney suggested a different strategy. He explained that if my kids inherited the IRA, my estate would pay estate taxes and my kids would pay income tax on the IRA. But by giving the IRA to charity and other assets to my kids, the kids will still receive a nice inheritance, and we avoid income and estate taxes entirely."

Joanne describes the process of gifting her IRA as easy. "I contacted my IRA custodian, who emailed me an IRA beneficiary designation form. I completed the form, named The American Legion as the primary beneficiary of my IRA and mailed it back. Best of all, I can continue to use my IRA for as long as I live."

If you own a qualified retirement plan – such as an IRA, 401(k) or 403(b) – and would like to make a charitable gift, your family or estate might benefit if you name The American Legion as a beneficiary. If you have questions about making beneficiary designation gifts, contact the Legion's Office of Charitable Giving at **(317) 630-1225**, **plannedgiving@legion.org** or **legion.giftlegacy.com**. Caring professionals are available for confidential consultation on how best to make an estate gift to The American Legion.

Editor's note: *The name and image above are representative of a typical donor and may or may not be an actual donor to The American Legion. Since the benefits of each gift may be different, seek the advice of your legal, tax or financial adviser.*



President Volodymyr Zelensky visits a military hospital in Kyiv, presenting medals to wounded Ukrainian soldiers. Wikimedia Commons

Zelensky in the crosshairs

President Volodymyr Zelensky of Ukraine has survived 12 separate assassination attempts by Russian military, intelligence and/or security forces since February 2022, Yahoo News reports. At least two of these attempted assassinations were averted thanks to intelligence shared by CIA Director William Burns, who has traveled to Kyiv to brief Zelensky and his team on various intelligence matters, including a visit before Russia's invasion. Chris Whipple, author of a new book about the Biden administration, reports that Burns provided "precise details of the Russian plots" – details so specific that Zelensky "was taken aback, sobered by this news."

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A new process to render honors

Army Donations Program Office simplifies display item requirements.

BY MAJ. GEN. DARREN L. WERNER

A bugle sounds taps on a cold, windy Michigan day while four American Legion members perform funeral honors. With each boom from the firing party, family members remember their loved ones. Across town, next to the old school, a single tank stands, reminding us of the strength of this nation and those who served and sacrificed for America.

Photo by Chad Ryan

The U.S. Army Tank-automotive and Armaments Command (TACOM) team manages the Army's ground-equipment supply chain, which includes more than 60% of the Army's total equipment. If a soldier shoots it, drives it or wears it, TACOM sustains it.

Our umbrella of responsibility includes the Army Donations Program Office (ADPO), which we've had the privilege of managing for many years. ADPO has a staff of 11 that manages items on loan to veterans service organizations (VSOs), including more than 10,000 American Legion posts. It's an honor to be able to support post units with items such as ceremonial rifles and other static displays, which help preserve tradition and allow the public to experience a bit of tangible military history.

Due to the nature of the program as defined by law, display items are property of the Army and are on loan to VSOs through conditional deed-of-gift agreements. ADPO manages the accountability and tracking of items on loan. Within the past year our staff has moved the accountability process entirely online, which has increased accountability, made it easier for VSO customers to use and ensures compliance with federal law and regulations.

The American Legion represents more than 50% of our customer base. We rely on local commanders and staff when it comes to updating records. Items on loan must be accounted for by law. The new online certification process makes that easy.

You will receive an email from ADPO with a link and code to start the inventory process. You have 30 days from the email to comply; respond as quickly as possible.

For your convenience, some fields will auto-populate with your specific information. Certify only the equipment currently in your possession and address any discrepancies. Indicate if you require replacement rifles or need to return equipment. You'll receive a certification email three years from the last rifle inventory received, or annually on the anniversary date of the last inventory for a static display.

If your organization experiences a loss or theft of a rifle or damage to any other display, a police report must be filed and then submitted to ADPO within 24 hours of the noted loss or theft.

I consider all our VSOs, specifically The American Legion, vital leaders in our local communities. Thank you for your service to our nation and our Army.

Maj. Gen. Darren L. Werner is commanding general of U.S. Army Tank-automotive and Armaments Command.

To obtain ceremonial display items for your post

- ***Blank ammunition*** can be requested through the Army's Joint Munitions Command, HQ Joint Munitions Command, Attn: AMSJM-MLD 2695 Rodman Ave., Rock Island, IL 61299-6000, **(877) 233-2515** or **usarmy.ria.jmc.mbx.carq@army.mil**.
- ***New or replacement rifle*** requests may take up to 120 days for processing once all paperwork has been approved. The current static waiting list is at 398, dating to 2010. Assets become available only when an organization goes defunct. Currently there are no unassigned assets to issue.

  Receiving organizations are responsible for all costs associated with demilitarization, transportation, display pad or pedestal, and equipment maintenance.

FOR MORE INFORMATION
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A look back at those who looked ahead

NPR recently scoured newspapers and other publications from 1923 to see what they predicted about 2023. Some was surprisingly accurate, some was way off, but all of it reflected Americans' optimistic view of their tomorrow and our today:

- Eradication of cancer (not there yet), tuberculosis (treatable, curable), polio (curable, most variants eradicated) and leprosy (curable)
- "Beauty contests will be unnecessary as there will be so many beautiful people that it will be almost impossible to select winners"
- Average lifespan will be 100 years or more (the average lifespan for Americans is 77.2)
- "People will toil not more than four hours a day, owing to the work of electricity" (the average American works 34.3 hours per week)
- "The war of 2023 will naturally be a wireless war" due to "wireless telephony" (wars still involve bullets and bombs, but today's wars are also waged wirelessly, in cyberspace)

- "Every city will be a 'spotless town'" (not yet)
- Total U.S. population will reach 300 million (331 million today)
- "Watch-size radio telephones will keep everybody in communication with the ends of the earth" (sounds a lot like today's smartphones and smart watches)
- Rapid trans-national and trans-global delivery of goods via "1,000-mile-an-hour freighters" (sounds a lot like the way Amazon, FedEx and UPS keep today's economy moving)

Exhibit hall, camping and more in Charlotte

The exhibit hall at the 104th American Legion National Convention, located in the Charlotte Convention Center, will showcase local souvenirs, apparel, life-care items, insurance companies, promotional products and informational/educational vendors, as well as the on-site Emblem Sales Store.

Photo courtesy Visit Charlotte

Exhibit Hall & Emblem Sales hours
Friday, Aug. 25, 8 a.m. to 3:30 p.m.
Saturday, Aug. 26, 8 a.m. to 3:30 p.m.
Sunday, Aug. 27, 8 a.m. to 2 p.m.
Monday, Aug. 28, 8 a.m. to 3:30 p.m.
Tuesday, Aug. 29, 8 a.m. to 2 p.m.

For more information on the exhibit hall or booth space, please email **convention@legion.org**. The Convention Marketing Opportunities Package for exhibitors and sponsors is available at **legion.org/convention/resources**.

Campgrounds and RV parks

An extensive list of facilities for camping and RV parking – including amenities, contact information and distance from Uptown Charlotte – is available at **legion.org/convention/resources**.

Scooter rental

Those with mobility needs can contact Access, Mobility, Repair & Rental to arrange for transportation around the Charlotte convention. Call Brian Keith at **(336) 608-8810** or Kayleigh T. at **(336) 314-8522,** or email **briankeith1230@yahoo.com**.

- **Regular scooter –** Three- or four-wheeler, up to 300 pounds, $149 for up to seven days (then $20 a day), plus delivery/pickup fee from Greensboro (90 minutes north of Charlotte), minimum $150
- **Medium –** Three-wheeler, up to 300 pounds with more leg room, $169 for up to seven days (then $20 a day), plus delivery/pickup fee from Greensboro, minimum $150
- **Large –** Three or four-wheeler, up to 400 to 450 pounds, $189 for up to seven days (then $20 a day), plus delivery/pickup fee from Greensboro, minimum $150

A security deposit of $150 is required for rental and will be credited to the customer's card after the equipment is returned and inspected for damage. Advance reservations are required.

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IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

"I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend."

— John, Men's Liberty user

MADE IN USA

MEDICARE COVERED MEDICARE

Did you know that over 18%[1] or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty™ can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

	MEN'S LIBERTY	ADULT DIAPERS
Keeps you dry 24/7?	**YES** Can be worn comfortably, cleanly and securely for up to 24 hours	**NO** Must be changed regularly when they fill up or overflow — often every few hours
Directs urine away from the skin?	**YES** Completely external design collects fluid into a discreet pouch — leak-free	**NO** Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	**YES** More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	**NO** High incidence of diaper rash, sores,yeast infections and dermatitis
Invisible under clothing?	**YES** Men's Liberty is unnoticeable — only you know it's there	**NO** Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out-of-pocket cost?	**YES** Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	**NO** Adult diapers are not covered by Medicare, costing users up to $300 a month

Live your life on your own terms — not in diapers!

FREE INFORMATION. FREE BONUS OFFER.

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[1]Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

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THE JOB FRONT BY WENDY S. ENELOW

Four steps to job search success

There are many steps to a successful job search, but here are some of the most strategic:

Deliver consistent messaging. This concept permeates every part of your job search: résumé, LinkedIn profile, letters, video interviews and in-person interviews. If you are positioning yourself as an experienced communications specialist, every document and personal communication must be tightly focused on that message. Leave no doubt about who you are and the value you bring.

Speak the language. It's great to tell a prospective employer that you're a talented financial analyst if that's your job target. It's even better to show them that talent by speaking the language of finance and using commonplace acronyms to let someone know you really do know the job.

Every profession has its own lingo that includes specific terms (keywords) essential for résumé-scanning and personal interaction. Naturally integrate that language into the content you write and your conversations to position yourself as a competitively strong candidate.

Consider ATS and résumé-scanning. Your résumé will be scanned almost every time you upload it or respond to a job posting. In years past, an applicant tracking system (ATS) often complicated résumé formats and designs, frequently interfering with how the system was able to read them. If things weren't good, you were passed over, period.

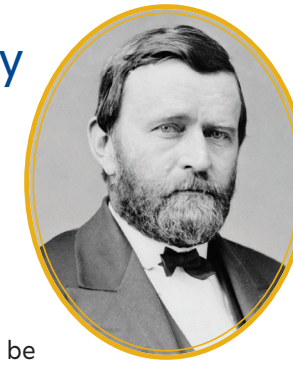
Here's the good news: ATS has come a long way, which gives you a great deal of flexibility in how you write, format and design your résumé. Don't overdesign it or use a confusing format (as that can still cause problems), but beyond that, you can feel confident your résumé will pass through.

When in doubt, send it out. The controversy about cover letters and their value in a job search has been debated for decades. Some believe they're an added bonus; others believe they're never read. The modern letter is referred to as an e-note, which is the text of your email message.

E-notes should be two or three short paragraphs that immediately capture interest by sharing the most interesting and relevant things about you and how they will benefit the organization. Think long and hard about what you write, because you have mere seconds to capture attention.

Wendy Enelow is author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles. **wendy@wendyenelow.com**

Grant's day



Wikimedia Commons

This time next year, President Ulysses S. Grant will have a day honoring him in his home state of Ohio. Thanks to the Ohio Legislature and governor, April 27 will be known as Ulysses S. Grant Day in the Buckeye State. As AP reports, "The home-state recognition comes alongside congressional action marking the 200th year of Grant's birth, in 1822, with a posthumous military promotion: to the U.S. Army's highest rank of General of the Armies of the United States."

MY GI BILL VETERANS & EDUCATION
BY VALERIE HEFFNER

Reallocation of Chapter 33 benefits

Q: *When I retired in 2011 with 27 years of service, I transferred 36 months of my Chapter 33 Post-9/11 GI Bill educational benefits to my son while still on active duty. My son is now in the Army and is entitled to his own Post-9/11 benefits. However, before he enlisted he completed 15 months of college using the benefits I transferred to him. Since there are 21 months of educational benefits remaining, is it possible for him to transfer the benefits back to me?*

A: The Department of Defense allows servicemembers who transferred their educational benefits to their children or spouse to reallocate them back to themselves. Log in to the Transfer of Education Benefits page in milConnect and reassign your benefits to yourself. Then complete the application for educational benefits at **VA.gov**.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. ***askvalerie@legion.org***

Advertisement

If your tired, achy legs and feet are preventing you from moving easily...

Now, a prickly herb has been discovered to....

BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, ND.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

... meaning, discomfort, water retention, leg swelling, tiredness and circulation **improved in 95% of test subjects**

Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo's active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, ND says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it."

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective

WORKS IN AMAZING WAY: *A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results – sending relief to thousands of users with:*

- ***Burning, Tingling, Numbness***
- ***Swollen, Achy Feet***
- ***Painful Legs & Feet***
- ***Varicose Veins***

for safe and fast relief," said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night's sleep - peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk damage to your feet and hands. Don't let it get dangerously worse.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for readers in the state. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE **1-877-719-8726** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. If you have a medical condition or are taking pharmaceutical drugs, consult your doctor before use. Models are used in all photos to protect privacy. All doctors were remunerated for their endorsement. All studies performed were independent and third party.

FOCUS ON FINANCES BY J.J. MONTANARO

Take full advantage of SGLI boost

Effective March 1, the Servicemembers' Group Life Insurance (SGLI) maximum benefit increased from $400,000 to $500,000. It's good to see the protection afforded by this important benefit continue to grow; when I entered the service it was just $50,000.

Here are a few observations on SGLI and the recent change:

It remains very cost-effective. At only $31 per month whether you're 18 or 38, SGLI remains a solid value. Of course, that's especially true considering the wear and tear military service can have on those who serve. That low monthly premium also covers SGLI Traumatic Injury Protection.

The new coverage was automatic. This is one of my favorite features of the change. All eligible servicemembers had their coverage increased to $500K, even if they had previously declined or reduced the coverage. We have all heard stories of individuals who declined coverage to save a little money, only to die and leave their loved ones in financial jeopardy. I encourage those eligible for SGLI to retain the full coverage.

Veterans' Group Life Insurance implications. The boost is not automatic for those covered by VGLI. However, covered individuals who had the prior maximum coverage of $400K will be able to purchase additional coverage through the Office of Servicemembers' Group Life Insurance. This is an opportunity worth evaluating in the context of your overall health and financial situation.

Benefits have outpaced inflation. This has been the longest period between an increase of benefits since the program was launched in 1965. The last change was in 2005 and increased the maximum benefit to $400K. But if you look at the numbers in the context of inflation, today's SGLI offers a lot more protection. Using the Bureau of Labor Statistics CPI Inflation Calculator, if it was tracking inflation, the original $10,000 death benefit would have increased only to $95,000 over the last 58 years.

Spouses need coverage. This welcome adjustment to the SGLI program does not include changes to the optional $100K coverage available to spouses through the Family SGLI program. Interestingly, there has been no boost in available benefits to that program since it was established in 2001. As part of a comprehensive protection plan, spouses – whether they work outside the home or not – likely need coverage. Unfortunately, this is a blind spot for too many families.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. ***legion.org/usaa***

U.S. LNG to the rescue

Wikimedia Commons

Germany's newly constructed liquefied natural gas (LNG) terminal in the coastal town of Wilhelmshaven received its first delivery from the United States in January – less than a year after construction began on the facility.

As *The Wall Street Journal* reports, the facility was "built at a breakneck speed" in response to Russia's destabilizing assault on Ukraine. The U.S. LNG tanker delivered enough gas to supply 50,000 German households with a year's worth of energy. These sorts of facilities and partnerships are crucial in weaning German and other European nations off natural gas from Russia, which supplied more than half of Germany's gas imports before the war, according to the *Journal*.

Along with the United States, Qatar is a prime supplier of LNG. The *Journal* reports that dozens of LNG facilities are in development across the European Union.

19

Newly elected veterans in Congress, among them Army Apache pilots, Navy helicopter pilots, airmen, Navy SEALs, a Green Beret, soldiers, sailors, Marines, Air Force pilots and JAG officers

The 118th Congress' cohort of 97 veterans includes Congress' first two Black West Point graduates: Reps. Wesley Hunt, R-Texas, and John James, R-Mich., class of 2004.

ADVERTISEMENT

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary "special herb" gives new life to old joints without clobbering you. So safe you can take it every day without worry.

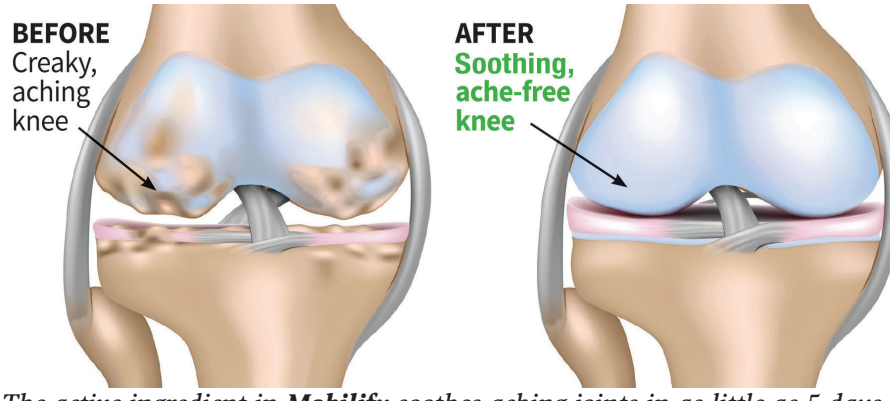
According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional "solutions."

Leading the way from nature's pharmacy is the new "King of Oils" that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls "the most significant breakthrough I've ever found for easing joint discomfort."

Biblical scholars treasured this "holy oil." Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears' attention is how modern medical findings now prove this "King of Oils" can powerfully…



*The active ingredient in **Mobilify** soothes aching joints in as little as 5 days*

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won't give you all the relief you need.

Doctors and scientists now confirm the "King of Oils"—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes "on" or "off." A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is "so powerful it shuts down the pathway triggering aching joints."

Relief That's 10 Times Faster… and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense "significantly improved joint function and relieved discomfort in as early as five days." That's relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That's a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, "**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast." Shirley M. adds, "Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase." Larry M. says, "After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away… it's almost like being reborn." And avid golfer Dennis H. says, "I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried."

How to Get Mobilify

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in as little as five days without clobbering you is with Dr. Sears' breakthrough **Mobilify** formula. It is not available in stores.

To secure your bottle of this breakthrough natural joint discomfort reliever, buyers should call with Sears Health Hotline at **1-800-211-7705**. "The Hotline allows us to ship the product directly to customers."

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on ever order. "Just send me back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number may be shut down to allow them to restock. Call **1-800-211-7705** to secure your limited supply of **Mobilify**. If you are not able to get through due to extremely high call volume, please try again! Call NOW to qualify for this limited time offer provided at a significant discount. To take advantage of this exclusive offer use Promo Code: **AMLMB323** when you call.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY FROM PERSON TO PERSON. NO INDIVIDUAL RESULT SHOULD BE SEEN AS TYPICAL. IF YOU HAVE A MEDICAL CONDITION OR ARE TAKING ANY OTHER DRUGS, CONSULT YOUR DOCTOR BEFORE USE. ALL STUDIES PERFORMED WERE INDEPENDENT AND THIRD PARTY."

How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** e-mail **reunions@legion.org** or submit information online at **legion.org/reunions**.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail **reunions@legion.org**.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine*, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine*, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

20th Ftr Wing, Fairborn, OH, 8/31-9/3, Gino Passaro, (757) 810-1676, passarog@verizon.net; **43rd & 305th Bomb Wings (Cold War)**, Grissom Air Reserve Base, IN, 9/29-10/1, Tom Jennings, (765) 689-8011, director@grissomairmuseum.com; **366th Ftr Assn (WWII-2023),** Omaha, NE, 9/13-17, Rich Wicker, (419) 357-3237, rich390tfs@yahoo.com; **Aerial Reconnaissance Assn,** Cincinnati, 9/7-10, Rob Rasp, (978) 604-5286, robrasp@cinci.rr.com; **Bien Hoa AB (Vietnam),** Dayton, OH, 9/27-30, Chuck Golba, (913) 915-6093; **Wheelus AB (Tripoli, Libya),** Columbus, NC, 9/7-10, Judy Moore, (540) 588-9946, jmmoore919@aol.com

ARMY

1/52 & 7/6 Inf (Bamberg, Germany, 1972-1990), Washington, 9/13-17, William Burt, (507) 696-8429, lmjwrb@gmail.com; **1st Bn 33rd Field Arty & 2nd Bn 377th Field Arty (Herzo Arty Base, 1973-1979),** Nashville, TN, 10/15-17, William Jones, (757) 532-6641, g8rwsj@gmail.com; **1st Bn 94th Field Arty (Germany),** Fort Belvoir, VA, 9/15-17, Harold Benton, (405) 570-1555, hlbenton1@yahoo.com; **4th Bn 9th Inf Rgt (Manchu),** Branson, MO, 9/11-17, Bob Lannon, (317) 745-4287, bobl99@hotmail.com; **4th Inf Rgt Vets Assn,** Columbus, GA, 10/5-9, Richard Wideman, (910) 853-1347, mrwideman12@gmail.com; **7/1 Air Cav (Vietnam), Delta Trp Blackhawks,** Detroit, 5/18-20, Joe Vernengo, (586) 337-3334, vertigo2u@yahoo.com; **20th Eng Bde (Vietnam & All Theaters of Deployment, 1965-2023),** Indianapolis, 9/20-25, James Neumann, (317) 223-5372, 196869vn@gmail.com; **25th Inf Div Assn,** San Diego, 10/1-8, Sarah Krause, (215) 880-0181, tropicltn@aol.com; **52nd Sig Bn (Vietnam),** Corydon, IN, 6/22-25, Jim Swinney, (314) 852-2420, sswin85027@aol.com; **76th Eng,** Lebanon, TN, 4/27-29, Richard Cerone, (207) 647-3877, rfcerone@gmail.com; **77th Field Arty Rgt,** Fernandina Beach, FL, 9/6-10, John Moran, (937) 361-1333, johnjanmoran@woh.rr.com; **554th Eng (Vietnam),** St. Robert (Fort Leonard Wood), MO, 6/7-9, Tammy Milam, (740) 339-0553, tammymilam69@yahoo.com; **A Co 7th Eng 1st Bde 5th Inf Div (Mech),** San Antonio, 9/7-10, Thomas Grafton, (314) 416-0535, graftonthomas5@gmail.com; **US Army Vietnam - Dusters, Quads, Searchlights, Vulcans & HAWKs,** Cleveland, 6/28-7/2, Bruce Geiger, (914) 576-1050, bmgeiger@aol.com

JOINT

Korea Veterans, Pigeon Forge, TN, 8/4-6, Chris Murphy, (828) 539-0714

MARINES

1/5 USMC (1986-1992), Macomb, IL, 9/8-10, Scott Hainline, (309) 351-2050, ptimfi@yahoo.com; **3rd 8-Inch Howitzer Btry (SP),** Springfield, IL, 9/14-17, Dennis & Cheryl O'Brien, (805) 340-6286, cobrien@rpdsquared.com; **38th & 39th OCC & TBS (Mar & Apr 1966, Plus All 1966 TBS Classes),** Quantico, VA, 10/16-20, Jack Sheehan, (401) 255-0387, jacksheehanjtown@me.com; **Kilo 3/7 (All Eras),** Springfield, MO, 10/5-9, Bill Gerke, (631) 433-8575, msggerke@aol.com; **Mar Barracks Bermuda (All Eras),** Columbus, GA, 9/13-17, Dennis McDonald, (320) 217-8477, dmm82575@gmail.com

NAVY

***Ajax* AR 6,** Rapid City, SD, 6/4-8, Bill Axton, (769) 220-4802, billaxton@gmail.com; ***Akutan* AE 13,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Arctic* AOE 8,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Ashtabula* AO 51,** Ashtabula, OH, 6/7-10, John Kost, (515) 212-0741, magicjk40@yahoo.com; ***Bordelon* DD/DDR 881,** Mobile, AL, 10/18-22, DeWitt Peterson, (856) 234-5147, dpeterson53@comcast.net; ***Butte* AE 27,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Camden* AOE 2,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Carr* FFG 52,** Checotah, OK, 6/23-25, Gardner Lamarche, (218) 310-5590, carrffg52@yahoo.com; ***Chara* AE 31,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Charles P. Cecil* DD/DDR 835,** Jacksonville, FL, 9/11-16, Greg Wells, (405) 365-1926, glw513@yahoo.com; ***Charles R. 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Berry* DD/DDE 858,** Jacksonville, FL, 10/13-16, Michael Moore, (301) 676-9562, mmoore46@verizon.net; ***Gray* DE/FF 1054,** Louisville, KY, 9/27-10/1, Eric Swedberg, (907) 231-0670, swedberge17@gmail.com; ***Groton* SSN 694,** Groton, CT, 7/6-8, Ed Wilson, (503) 747-8637, galleypacket@gmail.com; ***Haleakala* AE 25,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Halibut* SSGN/SSN 587,** Branson, MO, 10/15-19, Dan Lawler, (417) 736-2504, lawler@telebyte.com; ***Ingraham* DD 694,** Providence, RI, 5/17-20, Gregory Miller, (814) 695-3246, gmamflyer@gmail.com; ***Kilauea* AE 26,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Lassen* AE 3,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Lewis & Clark* SSBN 644,** Kings Bay, GA, 10/11-16, Bob Ohrt, (860) 871-2542, bobohrt148@gmail.com; **Mariner/Marlin Seaplane Assn,** Washington, 7/4-9, Robert Tibbetts, (859) 223-7871, bobt42@twc.com; ***Mauna Loa* AE 8,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Mazama* AE 9,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Mine Division 113 (Vietnam),** Nashville, TN, 9/28-10/1, Don Hecke, (501) 620-0593, don9329@hotmail.com; ***Mount Baker* AE 4/34,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Mount Hood* AE 11/29,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Mount Katmai* AE 16,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Mount Kiska* AE 35,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Noa* DD 343 & 841,** Pensacola, FL, 4/23-27, Bob & Karen Barrie, (727) 289-6534, florida.barrie7@gmail.com; ***Paricutin* AE 18,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Physical Therapy Unit Camp Lejeune Naval Hosp (1970-1972),** Wintersville, OH, 7/1-3, Lawrence Davin, (740) 264-5180, cindy_davin@yahoo.com; ***Pictor* AF 54,** Omaha, NE, 9/7-10, Janice Muzurek, (716) 698-6070, mazurejd@yahoo.com; ***Piedmont* AD 17,** Nashville, TN, 9/28-10/2, Curtis Willard, (417) 527-0808, curtis.detours@gmail.com; ***Pintado* SS 387/SSN 672,** Tucson, AZ, 8/28-9/3, Brad Seidel, (602) 931-5298, bseidel57vet@yahoo.com; ***Rainier* AE 5,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Rainier* AOE 7,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Robert H. 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***Virgo* AE 30,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; ***Wainwright* DLG/ CG 28,** Charleston, SC, 11/13-17, Rodney Shafer, (269) 967-3536, rodney.c.shafer@gmail.com; ***Wrangell* AE 12,** Cleveland, 10/4-7, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com

LIFE MEMBERSHIP

Post 116, WA: Richard Boysen

IN SEARCH OF

1st Bn 13th Armd Div & 4th Bn 35th Armd Div (Illesheim, West Germany, 1974-1977), with 7th Inf Div Light & 7th Inf Div FORCOM (Fort Ord, CA, 1982-1991), Robert J. Robinson, 807 Cushing Road, Warren, ME 04864

12th TRS (Imagery Interpreter Specialist, Tan Son Nhut, Vietnam, 1971), Tony Bowerman, (419) 304-7124, tony@bowermanfinancial.com

58th Org Maint Sqdn (Luke AFB, AZ, May 1969-Mar 1970), Tom Farrell, (732) 787-8594, farrell6@comcast.net

B Co 97th QM 65th Trans (Kaiserslautern, Germany, 1972-1974), Cecil Lunsford, (757) 328-6395

C Co 1st Eng Bn 1st Inf "Big Red One" (Fort Riley, KS & Desert Storm, 1990-1992), Charles Dvorak, (402) 292-0526

***Illusive* MSO 448 Engineering Dept (Charleston, SC, 1983-1986),** Rob Holeman, 864-921-8275, freightshaker1964@yahoo.com

***Tigrone* SS/SSR/AGSS 419 (1962-1975),** John "Dirt" Murray, (757) 573-1695, jtmurray148@gmail.com

TAPS

Reginald C. Beverly, Dept. of Florida. Dept. Cmdr. 2003-2004, Nat'l Americanism Cncl. Vice Chmn. 1999-2001 and Nat'l Foreign Relations Cncl. Vice Chmn. 2001-2009.

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Adam and Eve were the first to ignore the Apple terms and conditions.

WHY DID the doughnut maker retire? He was tired of the hole business.

WHEN I SEE a line on an employment application asking who to contact in an emergency, I write, "A very good doctor."

A BANKER fell overboard from a sailboat. A friend grabbed a life preserver and held it up, not knowing if the banker could swim, and shouted, "Can you float alone?"

"Obviously," the banker replied, "but this is a heck of a time to talk business!"

A TEACHER said to a student, "It's clear you haven't studied your geography. Why not?"

"Well," the student replied, "my dad says the world is changing every day. So I decided to wait until it settles down."

A REPORTER was interviewing a 104-year-old woman. "And what do you think is the best thing about being 104?" he asked.

She replied, "No peer pressure."

FOR EIGHT YEARS my co-workers have voted me "most secretive guy" in the office. Can't tell you how much this award means to me.

MY PARENTS grew so fond of my girlfriend that they came to see her as their own child. Recently Mom started to look for a proper boyfriend for her.

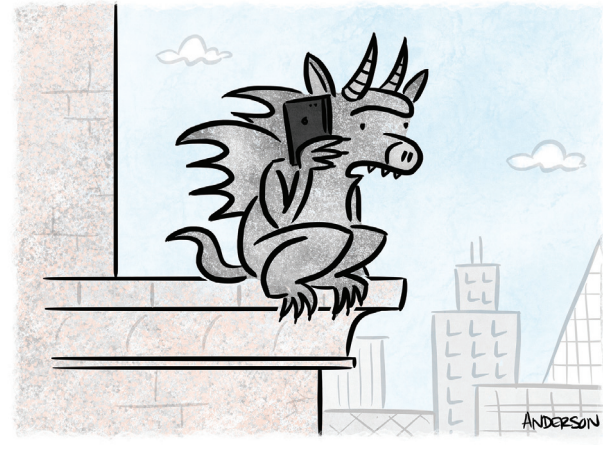
A MAN limped to the doctor's office and gasped, "Doctor, I was bitten by my dog."

The doctor checked the wound and asked, "Did you put anything on it?"

"No, he seemed to be enjoying the taste without any condiments."

"I WAS THINKING of running a marathon, but I think it might be too difficult getting all the roads closed and providing enough water for everyone." – *Jordan Brookes*

"Who's a bad dog? Is it you, No. 3? Are you a bad dog?"



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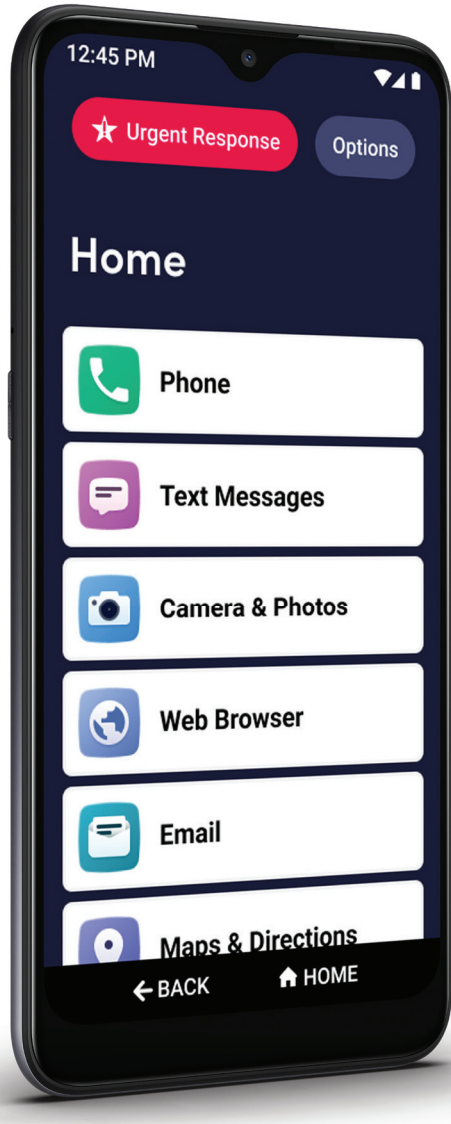

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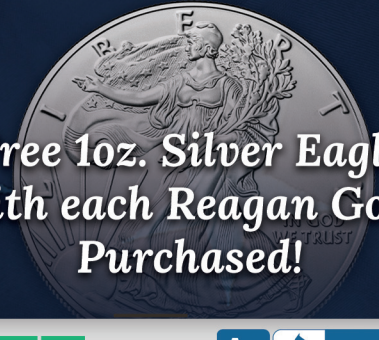

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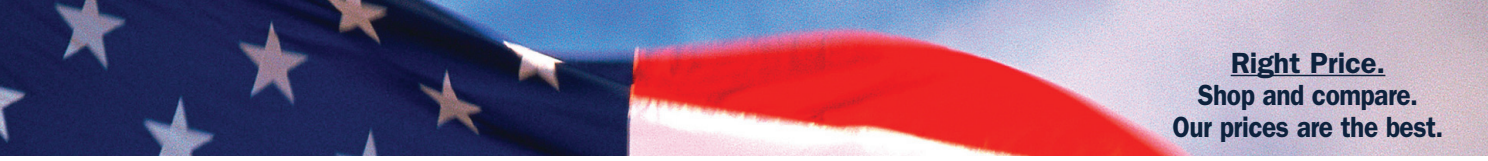

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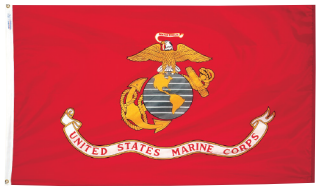

Marines

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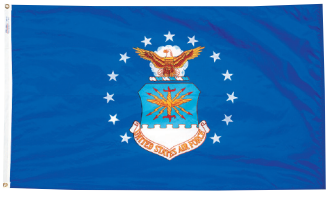
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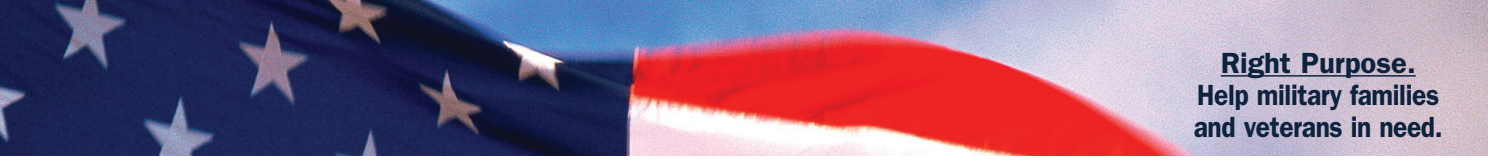

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$30.01 - $50.00 ..... Add $8.95	$500.01 & Over ..... Add $69.95
$50.01 - $100.00 ..... Add $10.95	

Subtotal	1	
Packaging & Shipping *(refer to box at left)*	2	
Subtotal	3	
Multiply Line 1 x Sales Tax (AZ, CA, CO, DC, IA, ID, IL, LA, MA, MD, ME, NV, OK, UT, VA, WY)	4	
Multiply Line 3 x Sales Tax (AK, AR, CT, FL, GA, IN, KS, KY, MI, MN, NC, ND, NE, NJ, NY, OH, PA, RI, SC, SD, TN, TX, VT, WA, WI, WV)	5	
Total		
Source Code	MAG0423 B	

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City _____

State _____ Zip _____

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